Vancouver metro

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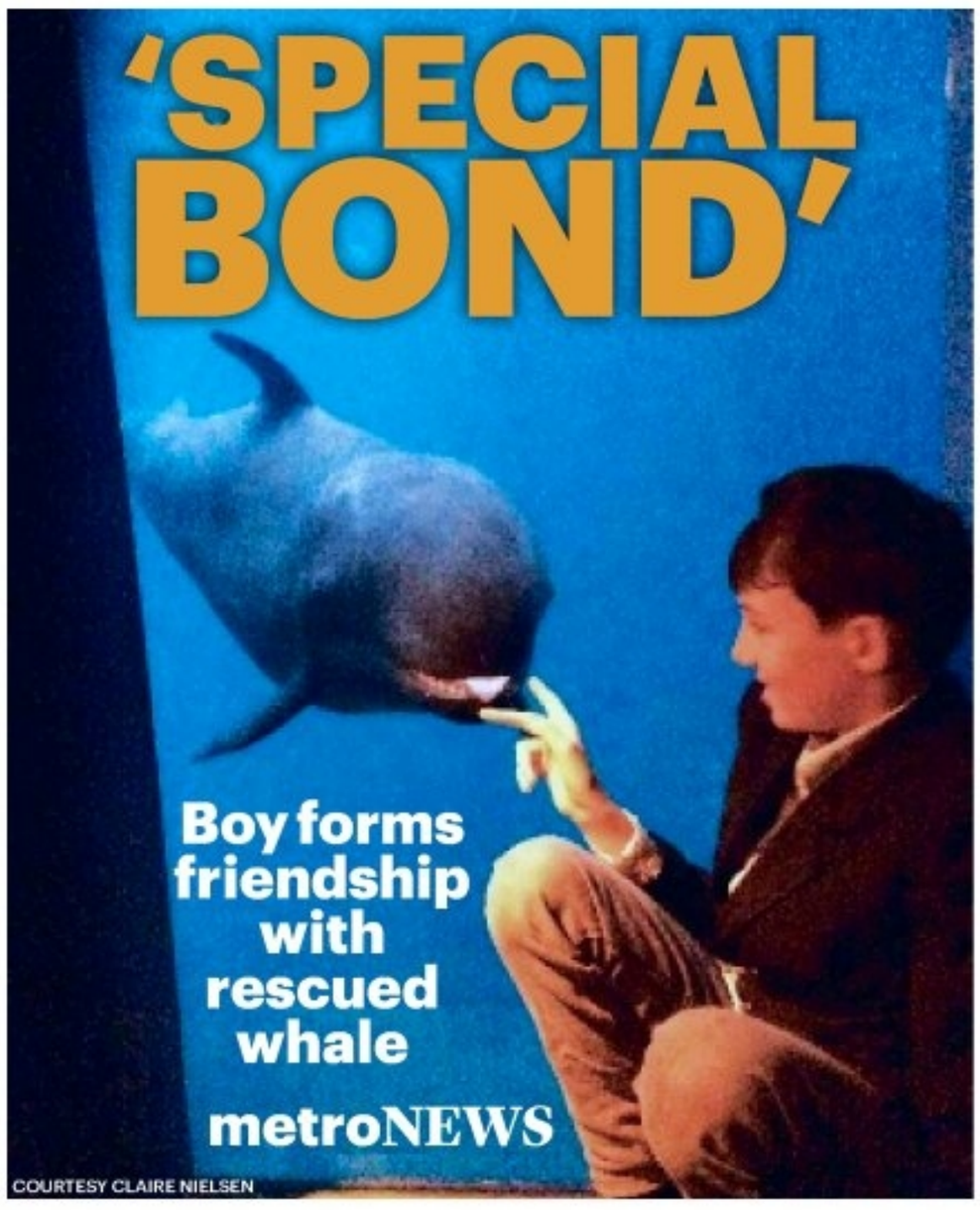
metroNEWS



COURTESY CLAIRE NIELSEN

Cruelty charges laid against dairy farm

CHILLIWACK

B.C. SPCA says circumstances were a first

Twenty counts of animal cruelty have been laid against a dairy farm and seven of its employees in British Columbia's Fraser Valley, about 18 months after a disturbing video surfaced showing farm animals being viciously beaten.

Sixteen of the counts are related to cruelty against cows and four concern treatment of a pigeon, the SPCA said.

Chilliwack Cattle Sales Ltd. and five of its corporate directors have also been charged with causing or permitting animals to be in distress — the first time a B.C. company has been held accountable for acts of cruelty on a farm, the SPCA says in a news release.

Spokeswoman Marcie Moriarty said the agency received an undercover video in June 2014 showing dairy cows being beaten with chains, canes and rakes, and being kicked and punched after they were trapped and could not escape the abuse.

"British Columbians are increasingly concerned about the treatment of farm animals and we look forward to continuing to work with government and industry on solutions to prevent further neglect and abuse among the 100 million farm animals raised in B.C. each year," she says in a statement.

She says six employees are each charged with causing distress to an animal and failing to care for and protect an animal under the Protection of Cruelty to Animals Act.

Three of the workers, along with an additional seventh person, face an additional two charges related to lifting a cow by a chain and kicking and hitting the animal.

Four of the employees also face a charge under a section of the Wildlife Act that deals with injuring or destroying a bird, says a statement from the Criminal Justice Branch. No further details were provided about the charge related to the alleged treatment of a pigeon.

In June 2014, the SPCA recommended the province lay charges of animal cruelty against the company and a handful of its employees after receiving the graphic video collected covertly by the animal-rights activist group Mercy For Animals Canada.

> The images in this case were **distressing.**
> Marcie Moriarty

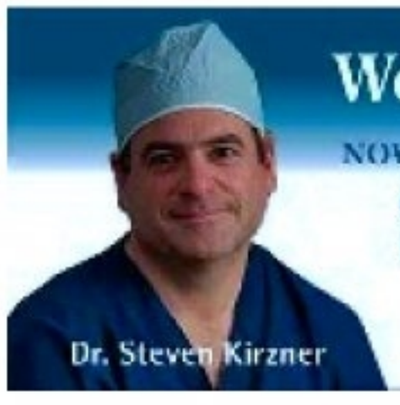
Animal-rights organizations have made repeated calls that charges be laid in the aftermath of the video's release, demanding the province take punitive action on what the Vancouver Humane Society describes as one of the worst cases of farm-animal cruelty in Canadian history.

Owner Jeff Kooyman said at the time the video was "horrifying to watch" and pledged to work with the SPCA on better training for staff.

He could not immediately be reached for comment following Tuesday's announcement of charges.

The accused are set to appear in a Chilliwack court in April.

THE CANADIAN PRESS



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metro NEWS

Your essential daily news

Rolling Stones to play free concert in Havana, becoming biggest act to play Cuba since revolution.

Groups learn to co-exist, create rainforest act: B.C.

ENVIRONMENT

Great Bear protected area covers 7% of province's land

B.C. Premier Christy Clark speaks about the Great Bear Rainforest. CHAD HIPOLITO/THE CANADIAN PRESS

Premier Christy Clark says her government's protection of the Great Bear Rainforest is British Columbia's gift to the world.

The province introduced legislation Tuesday that protects most of the globe's largest intact temperate rainforest on B.C.'s rugged central coast from logging.

"We all knew that 'yes' today would mean something incredible for the next 100 years, for the next 500 years, not just for B.C., but the entire world," Clark said at a ceremony after the protection law was introduced in the legislature.

The Great Bear Rainforest Forest Management Act protects 85 per cent of the 6.4-million-hectare area that stretches from the Discovery Islands on Vancouver Island northwards to Alaska.

The government announced a landmark agreement last month to protect the area after 20 years of talks with industry, First Nations and conservation groups.

Clark said the protected area covers seven per cent of B.C.'s land mass and is the size of Ireland.

Forests Minister Steve Thomson said often-opposing groups in B.C. learned to co-exist and the result is an agreement that shares and preserves the riches of a global treasure, located about 700 kilometres north of Vancouver.

Anti-logging protests during the 1990s drew worldwide attention to the Great Bear Rainforest, forcing all sides to compromise and reach an agreement.

> We are hopeful we have provided a beacon of light for how to move ahead in the 21st century.
>
> Sierra Club spokesman Jens Wieting

First Nations, industry, environmental and government leaders gathered at the legislature to mark the introduction of the protection law.

Forest company executive Ric Slaco said he was on the front lines of the battles between forest companies and environmental groups that organized worldwide boycotts of B.C. forest products in the 1990s to try and stop logging in the Great Bear Rainforest.

Slaco, who is now vice-president of Interfor, said he was one of the backroom negotiators who helped hammer out the protection deal that keeps 15 per cent of the Great Bear Rainforest open to logging.

"If the job was easy, it could have been done a long time ago," he said. "Today is a great day for the forests of B.C."

THE CANADIAN PRESS

POLICE

Violent incident probed

Thandi Fletcher
Metro | Vancouver

Vancouver police are looking for witnesses to a "violent and bizarre incident" near Canada Place and Burrard Street on Monday night.

Just after 10 p.m., officers responded to 911 calls about a woman allegedly attacking pedestrians and trying to throw a 31-year-old woman off the pier into the water below, according to a news release from Vancouver police.

With the help of witnesses who provided a description, police said they found the suspect near Harbour Green Park in Coal Harbour.

The suspect was taken to hospital after being arrested, but once there, police said she kicked an 88-year-old woman — who was lying on a nearby stretcher — in the head.

The elderly woman was not seriously injured, police confirmed.

The suspect was taken to jail, but was later transported to hospital again to be treated for self-inflicted injuries, police said.

She remains in custody.

Police are recommending charges against the 20-year-old woman, who is new to Vancouver but has an extensive history of police contact in other provinces.

Anyone who may have witnessed the attacks, or who have been a victim, is asked to contact Vancouver police at 604-717-2541.

TRANSLINK

Fare gates close soon, Compass set to roll

Matt Kieltyka
Metro | Vancouver

The free ride is over.

TransLink has announced it is ready to complete the transition over to its Compass electronic fares cards and close all fare gates in the first week of April.

Starting Monday, April 4, the transportation authority will begin closing all remaining open gates at SkyTrain and SeaBus stations. By the end of the week, all access will be restricted to those with Compass cards.

"More than 675,000 customers have made the switch to Compass and we are confident our customers are ready for this transition to a fully closed, gated system," TransLink acting CEO Cathy McLay said in a statement.

It's been a long time coming.

Originally tested in 2013 and slated to launch in January 2014, the $194-million electronic fare card system has been beset by technical difficulties and delays.

TransLink decided to roll out the system in phases, first putting the cards in the hands of 67,000 elderly and disabled customers and 12,000 TransLink employees on a trial basis.

The first paying customers, university students and West Coast Express riders, started using the cards in June 2015 before they were made widely available to all transit users in the fall. Since then, TransLink has gradually closed more and more fare gates along the transit system to help users get used to using Compass cards and last month conducted 20 successful full closures tests at individual SkyTrain stations. It has also done away with old paper transfers and FareSaver booklets.

Concerns remain about the ability of some disabled people to tap in and out of the system at the new gates, but TransLink says it plans to introduce a station assistance service to help passengers that need it.

Fare gates at Stadium-Chinatown station. MATT KIELTYKA/METRO FILE

PUBLIC SAFETY

Joint push on against distracted driving

Matt Kieltyka
Metro | Vancouver

A lot can go wrong in six seconds. With distracted driving being a factor in approximately a quarter of all fatal crashes in British Columbia, ICBC, police and the provincial government are launching a public-awareness campaign this month highlighting the risks of taking your eyes off the road even for a moment.

"Distracted driving kills 81 people each year on average (in B.C.). It's not a small number," said Mark Milner, ICBC program director of road safety. "It's something that's dangerous and is something you should never do."

Milner said it takes about six seconds for a driver to check an incoming text or message and decide whether or not they want to reply to it.

In that time, a vehicle can cover a distance equivalent to the length of a football field.

And Milner says studies have shown that drivers and pilots who are not aware of their surroundings will typically make the wrong decision when confronted by a hazard.

"So much can go wrong in a short period of time," he said.

Drivers on their phones are five times more likely to crash, according to ICBC.

Milner said the good news is that 80 per cent of B.C. drivers say they never use a device behind the wheel.

> **Distracted driving kills 81 people each year (in B.C.).**
> Mark Milner

"It does take a long time to move people through different stages," he said. "It took 30 years to get people to use their seatbelt every time they get in a car."

Use of hand-held devices while driving has been banned in B.C. since 2010. Offences carry a $167 fine and three penalty points on a driver's licence.

March's public-safety campaign will also coincide with increased enforcement by police throughout the province.

IN BRIEF

Bridge work begins

Construction begins this month on massive changes to the intersection on the north side of the Burrard Bridge. There will also be upgrades to water, sewer and road infrastructure along Burrard Street between Davie Street and 16th Avenue. The city issued a bulletin Tuesday warning travellers to anticipate road and lane closures in March and April, especially on the March 25 long weekend.

EMILY JACKSON/METRO

HOV open to electric cars

Electric-vehicle drivers in British Columbia are about to get the green light to travel the province's high-occupancy vehicle (HOV) lanes passenger-free.

Premier Christy Clark is set to make the announcement Wednesday at Vancouver's Globe Conference on Sustainability.

Currently, HOV lanes are open to vehicles with at least one passenger.

THE CANADIAN PRESS

The Street Store, a one-day pop-up shop at 62 East Hastings St., gave away gently used clothing in December. MATT KIELTYKA/METRO FILE

Second-hand sales a $36B market: Kijiji

BUSINESS

Nearly 85% in nation join resale activity

Emily Jackson
Metro | Vancouver

Buying or selling second-hand goods is becoming more and more popular among Canadians — especially Vancouverites — who are looking to save nickels or pad their bank accounts, according to a new study by online marketplace Kijiji.

Nearly 85 per cent of Canadians bought, sold or exchanged a used product in the past year for an estimated $36 billion in economic activity, according to the second annual Kijiji Second-Hand Economy Index released Tuesday.

By participating in a second-hand marketplace such as Kijiji, Craigslist or a thrift store, Canadians can save an average of $480 and earn an average of $883 per year, according to the survey of nearly 6,000 Canadians.

University of Victoria associate professor of economics Lindsay Tedds, who independently analyzed the survey data collected by Montreal-based MBA Recherche, said the data indicates people put the extra money into buying new goods.

> **This is economic activity that wouldn't occur otherwise.**
> Lindsay Tedds

"It was just amazing to find that the second-hand economy does not crowd out purchases for new goods," Tedds said. "This is economic activity that wouldn't occur otherwise."

Vancouver was more active than any other city when it comes to purchasing second-hand goods, followed closely by Edmonton and Montreal. Hamilton, Ont., and Ottawa-Gatineau residents were the least likely to participate in the second-hand economy.

The top motivation for trading second-hand goods was saving and earning money. The study didn't delve into the reasons for the differences between cities, but Vancouver's affordability problems could indicate why its residents chose to go second-hand.

Environmental concerns also inspire people to buy used goods, according to the survey.

The most popular second-hand goods to change hands are clothing, shoes and accessories.

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Market-oriented green group gets federal boost

ECONOMY

Launch coincides with climate-focused trade shows

Prime Minister Justin Trudeau gave a boost Tuesday to a new cross-sectoral group of business leaders, labour, non-governmental organizations, government and academics who want to accelerate Canada's transition to a high-efficiency, low carbon economy.

Smart Prosperity officially launched in Vancouver with encouragement from Trudeau, whose Liberal government's climate agenda appears to dovetail with the economic transformation envisioned by the new market-oriented group.

"This is really exemplifying for me the kind of co-operation and collaboration that's going to be so essential in terms of addressing not just the challenges that we're facing in the coming years, but the tremendous opportunities that are there for us," Trudeau said at the launch.

"I'm a big believer in government not playing the leadership role," Annette Verschuren, one of three Smart Prosperity co-chairs and the former president of Home Depot Canada, said in an interview before Tuesday's announcement.

Prime Minister Justin Trudeau pauses for a drink of water while taking questions during the launch of the green economy initiative, Smart Prosperity, in Vancouver on Tuesday.
DARRYL DYCK/THE CANADIAN PRESS

> **The No. 1 action point is to accelerate clean innovation**
> Co-chair Lorraine Mitchelmore

"But government is critical to developing the right policy, the right triggers, the right environment. What's really more important is that private capital gets attracted to this industry — spurred on by policies that make sense for our country."

Smart Prosperity's launch coincides with four days of climate-focused networking, marketing, trade shows, policy discussion and federal-provincial arm-twisting, with Trudeau on hand to meet indigenous leaders and his provincial and territorial counterparts cheek-by-jowl with Vancouver's massive, biennial Globe conference on clean tech.

The key pillars of Smart Prosperity's opening research paper point to innovation, incentives, infrastructure and investment.

"The No. 1 action point is to accelerate clean innovation — to create the conditions for celebrating clean innovation across all sectors of our economy," said co-chair Lorraine Mitchelmore, the Calgary-based former president of Shell Canada. "This is truly about market economy, not market distortion."

Energy efficiency and resource efficiency is another top priority. So if you're not keen on carbon pricing - the dreaded "job-killing tax on everything," in the parlance of politics — this market-oriented group won't be for you.

As Mitchelmore says, there's already an incentive for industry to become more efficient. "Let's incent it even more: You need a price signal to actually give that incentive."

THE CANADIAN PRESS

MEMBERSHIP

Twenty-six individuals have signed on to the initiative, including an eclectic mix of top representatives from banks and insurance companies, aluminium smelters, the United Steel Workers union, a grocery chain, investment firms and the World Wildlife Fund.

RECREATION

Trudeau hits the slopes

Justin Trudeau is applauding his personal security detail for their skills on the ski hill.

The prime minister took some time out of running the country over the weekend to shred some powder with his family in Whistler, B.C.

Fellow snowboarders and skiers alike took to social media on Saturday, posting pictures with the photo-friendly leader and his wife.

Trudeau was asked lightheartedly at an event Tuesday in Vancouver whether he jeopardized his security by snowboarding with his bodyguards.

"I have many times and will continue to praise the RCMP for the extraordinary work they do at keeping Canadians safe every day, and I was very pleased to be able to see that they are as good on the slopes as they are anywhere else in the world," Trudeau said, prompting applause and laughter from the crowd.

The prime minister is in B.C. this week for a series of meetings and speaking engagements.

He is scheduled to deliver the keynote address Wednesday at Vancouver's biennial Globe conference on clean technology, before meeting with First Nations leaders and provincial and territorial premiers.

The following day he will host a first ministers conference, the second since the Liberal party came to power in October 2015.

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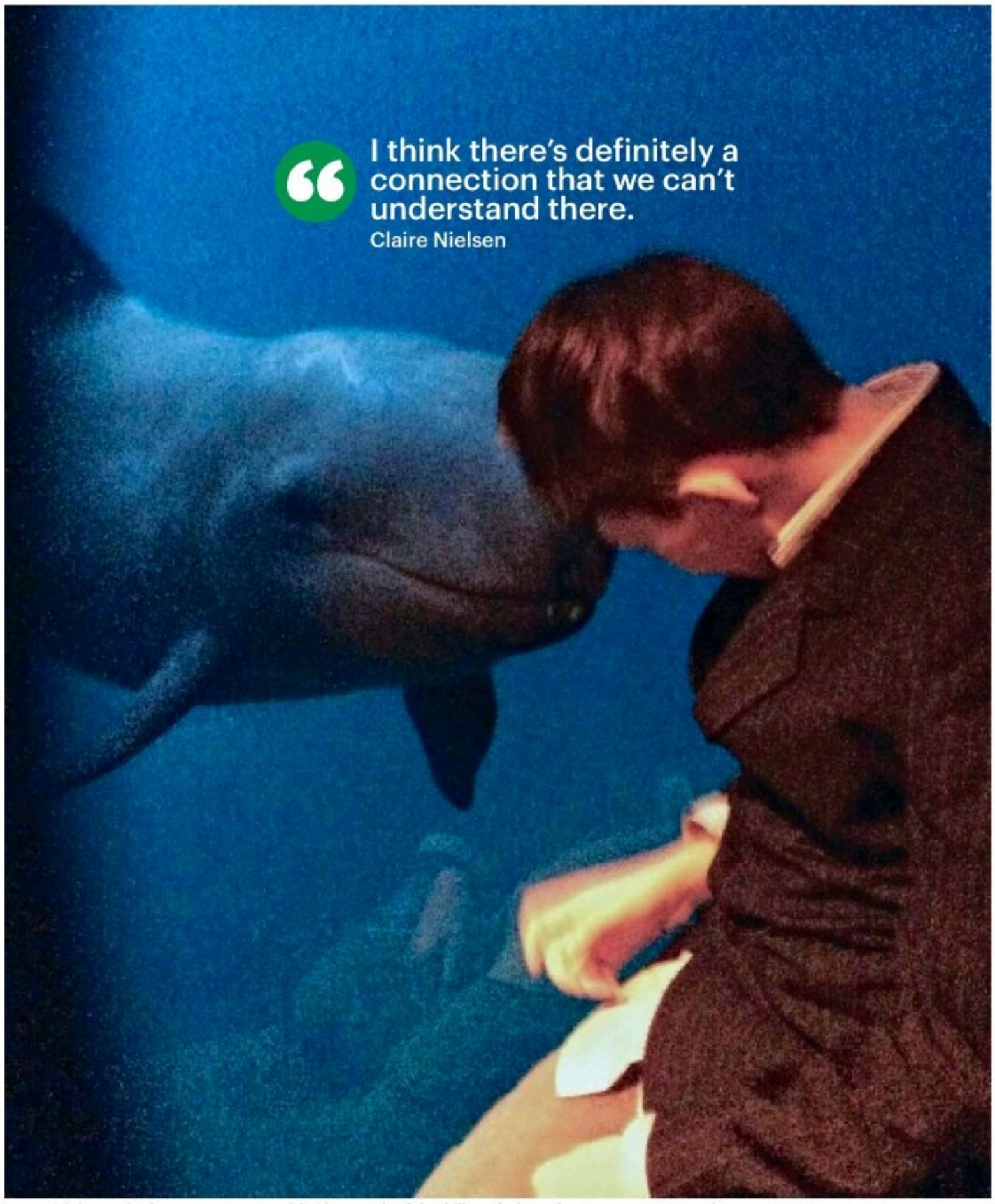

Lucas Nielsen, 10, shares a moment with Chester the false killer whale at the Vancouver Aquarium. COURTESY CLAIRE NIELSEN

A friend with fins

VANCOUVER AQUARIUM

False killer whale a true companion for young boy

Thandi Fletcher
Metro | Vancouver

A young boy is getting along swimmingly with a rescued false killer whale at the Vancouver Aquarium.

Lucas Nielsen has struck up an unlikely friendship with Chester, a false killer whale found stranded on a Tofino beach in July 2014 and rescued and rehabilitated by staff at the Vancouver Aquarium.

"He's my best friend in Vancouver," the 10-year-old told Metro. "It's pretty special. He's kind of like a big dog."

Lucas, who lives in Vanderhoof, B.C., has strabismus, a condition causing abnormal alignment of his eyes. His mother Claire said they regularly travel to Vancouver for medical appointments and often visit the aquarium.

During a visit more than a year ago, Lucas met Chester and the pair quickly formed a bond, she said.

"Even that first encounter, they spent a good hour nose-to-nose just looking and smiling at each other," she said. "He even seeks Lucas out when he's in a crowd."

Lucas said he didn't realize his friendship with Chester was unusual until a trainer told him the whale didn't behave like that with anyone else, even staff.

Lucas said he isn't sure why the male calf bonded with him. At first, he thought the whale might have mistaken him for one of the aquarium trainers since he wears a similar red coat.

Claire was quick to dispel that theory.

"I also have a red coat, and when I go to the window, Chester swims right by and ignores me," she said with a laugh.

After learning about Chester's history, Claire said she wondered if the whale might have recognized a kindred spirit in her son.

Found underweight, dehydrated and near death, the young marine mammal required round-the-clock care at the aquarium after he was rescued.

"I think there's definitely a connection that we can't understand there," said Claire.

Regardless of why the two bonded, Claire said Chester has helped fill a void in her son's life.

Although he has a strong support network in Vanderhoof, she said Lucas, who is home schooled, has had a difficult time making friends in Vancouver.

She recalled one visit when Lucas took a photo of Chester on an iPad and showed him the photo. She said Chester appeared to laugh in response, opening his mouth and sticking out his tongue. When he took another photo of Chester with his tongue out, the whale again appeared to crack up.

Nicole Cann, manager of interpretive delivery for the aquarium, said it's inspiring to see Lucas' friendship with Chester.

"It's really great to see what a special bond Lucas has formed with Chester," she said.

"Chester certainly seems drawn to activity and positivity, and Lucas, from everything that I've seen in him, embodies all of that."

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Food guide needs update

NUTRITION

Standards now obsolete as waistlines keep expanding

Canada's Food Guide, which presents fruit juice as a healthy choice, is in need of a drastic overhaul to help combat the country's obesity crisis, a Senate committee warned Tuesday as it released findings of a study spanning more than a year.

The report paints a bleak picture of Canadians plagued with conditions linked to excess weight and takes direct aim at Health Canada's recommendations on juices most commonly served at breakfast tables.

"Canada's dated food guide is no longer effective in providing nutritional guidance to Canadians," the report said. "Fruit juice, for instance, is presented as a health item, when it is little more than a soft drink without the bubbles."

> We can't sugarcoat it any longer. The obesity crisis is real.
> Sen. Kelvin Ogilvie

The report, which pegs the cost of obesity at between $4.6-billion and $7.1-billion a year in health-care needs and lost productivity, also suggested the committee got an earful on the failings of the food guide.

"Several witnesses suggested that Canada's Food Guide has been at best ineffective," it said.

An overhauled food guide should be based on the latest science and must make strong statements about restricting consumption of highly processed foods, the study added.

The report also suggested the government should consider a ban on advertising food and drinks to children and a possible tax on sugar-sweetened beverages.

Not surprisingly, industry quickly shot back Tuesday after the report was released.

In a statement, the Canadian Beverage Association rejected the sweetened-beverage tax option and said the drinks make up a small portion of calories in Canadian diets.

THE CANADIAN PRESS

Syrian refugee boys attend class at an education center run by Relief International in the Zaatari Refugee Camp, near Mafraq, Jordan in January 2016. THE ASSOCIATED PRESS

REFUGEE CRISIS

Matching aid dollars for Syria falls short

The dollars are still being counted, but the amount of money donated by Canadians for overseas Syrian relief efforts will likely fall well short of the maximum $100 million the government had promised to match.

Monday marked the final day for Canadians to give money for Syrian aid in order to ensure those dollars were matched by the federal government.

Upwards of $16 million in donations had been received by Monday by UNICEF, World Vision and the Red Cross, but several other groups taking part have not released their figures.

The program, launched by the Conservatives, was set to close at the end of 2015 but the Liberals extended the deadline to raise more money.

At the time the government announced the extension, about $12 million had been raised since the program launched last September.

Since January 2012, Canada has committed $653.5 million in humanitarian assistance in response to the Syria crisis.

$100M

The maximum amount the government has promised to match for Syrian relief.

Previously, the government had only used matching funds in response to natural disasters.

The Syrian fund was created by the Conservatives in response to a surge in Canadian demand to do more to help alleviate the massive humanitarian crisis caused by the nearly five-year old Syrian civil war.

THE CANADIAN PRESS

MEDICINE

Calgary woman wins right to die with doctor's help

A judge has ruled that an Alberta woman with a terminal illness can have a doctor-assisted death.

The Calgary woman, who cannot be identified due to a publication ban, is in the final stages of amyotrophic lateral sclerosis, or ALS, also known as Lou Gehrig's disease.

The court decision released Tuesday says the woman has no more than six months to live and is in significant pain.

"I am not suffering from anxiety or depression or fear of death," the woman, referred to as Ms. S, said in a court affidavit.

"I would like to pass away peacefully and am hoping to have physician-assisted death soon.

"I feel that my time has come to go in peace."

The Supreme Court ruled last winter that consenting adults enduring intolerable physical or mental suffering have the right to end their lives with a doctor's help.

The high court has given the federal government more time to write a new law on physician-assisted death, but is allowing anyone who wants to die sooner to ask a judge for an exemption.

Court of Queen's Bench Justice Sheilah Martin said the woman's application is the only one she is aware of in Canada.

ALS is a degenerative neurological disease that causes muscle weakness. Ms. S is in the final stages, unable to speak and almost completely paralyzed. She cannot swallow liquids and water is pumped into her stomach through a tube.

THE CANADIAN PRESS

IN BRIEF

Kenya benefits from Kanye's infamy

A website suggests that fans who might spend $700 on one of Kanye West's sweaters donate the money to charity instead.

Todd Lorentz, a director of One Child's Village, says donations are starting to come in as a result.

THE CANADIAN PRESS

INSTAGRAM

Doggie darlings net big bucks

Dean just turned two years old, but he already has more than 107,000 Instagram fans following his squirrel-chasing, stick-fetching and snack-sneaking adventures in Toronto.

The floppy-eared basset hound is one of several Canadian dogs whose #DogsOfInstagram game is on point. These rising canine stars can score anything from free doggie treats to lucrative book deals as companies look to harness the puppies' star power.

Carly Bright and Nathan Sidon picked up Dean from a breeder in April 2014. One month later, the couple launched Dean's Instagram account to avoid spamming their own followers with incessant pictures of their puppy.

While they consider Dean's social media presence a hobby rather than a business, interest in the hound's potential to peddle products has grown along with his following.

"People reach out to him all the time," Sidon said.

Sometimes the companies want to send Dean a free product, hoping his owners will showcase it on the account, said Sidon. Other times, they offer financial compensation for doing so.

THE CANADIAN PRESS

Dean has more than 107,000 followers on Instagram.

MICHELLE SIU/THE CANADIAN PRESS

TELEVISION

Get the skinny on basic cable

Canadians now have the choice to pay no more than $25 a month for basic cable as the deadline for the CRTC-mandated so-called skinny cable and satellite packages dawned Tuesday. The regulations came after the federal regulator's Let's Talk TV campaign, launched in 2013, found Canadians wanted more choice from their cable providers.

What's a basic-cable package?

Basic-cable packages must include at least 10 local and regional TV channels, public interest channels (like the Aboriginal Peoples Television Network), educational programming, community channels and legislative channels where available.

Does it cost less than previous plans?

While the monthly cost of the skinny package is capped at $25 monthly, that doesn't include installation or equipment fees.

Bell's starter package, for example, costs $24.95 for basic channels. But new customers selecting that plan must pay another $7 monthly for an HD receiver, or $15 monthly for an HD PVR rental, or $499 to purchase the unit. There's also a one-time installation fee of $49.95 for customers signing on for a two-year contract, or $199.95 for those without a contract.

How do I make the switch?

TV viewers wanting to make the switch can visit the websites of cable providers to determine what packages, a-la-carte channel and bundle options most appeal to their needs.

The CRTC provides a list of service providers in various Canadian cities.

THE CANADIAN PRESS

Super sweeps

U.S. POLITICS

Clinton, Trump lead top electoral day

Republican Donald Trump and Democrat Hillary Clinton swept through the South on Super Tuesday, claiming victory in their parties' primaries in delegate-rich Georgia, Tennessee, Alabama and Virginia.

The front-runners appeared ever more likely to end up in a general election showdown.

On the Republican side, Ted Cruz won his home state of Texas, the night's single biggest prize, as well as neighbouring Oklahoma to keep his campaign alive.

Democrat Bernie Sanders picked up his home state of Vermont, as well as Oklahoma, Colorado and Minnesota, but failed to broaden his appeal with minority voters who are crucial to the party in presidential elections.

The night belonged to Trump and Clinton, who turned the busiest day of the 2016 primaries into a showcase of their strength with a wide swath of American voters.

Each candidate won seven states — most in the South but also in New England — with only the results of Alaska's Democratic caucus still to come.

Signalling her confidence, Clinton set her sights on Trump as she addressed supporters during a victory rally.

"It's clear tonight that the stakes in this election have never been higher and the rhetoric we're hearing on the other side has never been lower," she said.

Trump, too, had his eye on a general election match-up with the former secretary of state, casting her as part of a political establishment that has failed Americans.

"She's been there for so long," Trump said at his swanky Mar-a-Lago resort in Florida. "If she hasn't straightened it out by now, she's not going to straighten it out in the next four years."

Clinton also picked up wins in Texas, Arkansas and Massachusetts, nabbing her first victory in New England, while Trump carried GOP contests in Arkansas, Massachusetts and Vermont.

For Florida Sen. Marco Rubio, Super Tuesday was a bitter disappointment.

He emerged with his first victory in Minnesota but failed to live up to the wider hopes of the numerous Republican officeholders who have promoted him as the party's best alternative to Trump.

With results still coming in, Trump had won at least 175 Super Tuesday delegates, while Cruz picked up at least 89. Overall, Trump was leading the Republican field with 257.

Sanders' wins did little to help him make up ground in his race with Clinton.

She was assured of winning at least 441 of the 865 at stake on Super Tuesday, while Sanders had at least 262 delegates.

THE ASSOCIATED PRESS

DELEGATES

Democrats were voting in 11 states and American Samoa, with 865 delegates up for grabs. Republicans were voting in 11 states, with 595 delegates at stake.

For the latest results, go to metronews.ca

Top: Hillary Clinton addresses a rally during a campaign event in Miami. **Bottom:** Donald Trump speaks at in Palm Beach, flanked by former candidate Gov. Chris Christie. GETTY IMAGES

metro VIEWS
Your essential daily news
Wednesday, March 2, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

How do I tell people I don't want to be upsold at the cash? Every time I say no, I feel disorganized or cruel. I want to stop this insanity without being rude. What do I do?

Dear Ellen,

How do I tell people I don't want to be upsold at the cash — air miles, donation to sick children, a croissant with that chai latte? Every time I say no, I feel disorganized (travel points) and cruel (very ill children). Even worse — and this may be a whole other etiquette question — is to be asked for my name when placing my order at Starbucks (not to mention the follow-up: "Is that with a C or a K?" What does it matter?). I want to stop this insanity without being rude. What do I do?

Catherine

Dear Catherine,

I don't find upselling as irritating as you do, though admittedly, when the epidemic first began to take hold, I did find it mystifying. Why were staff at checkout counters constantly asking me if I wanted soup or salad with that, or if I needed any windshield washer today, or had I noticed the buy-two-get-one-free offer in the shoe department. Did I look like a hungry, absent-minded, scuffed-shoe consumer with a dirty car?

At first, I would stop to explain to checkout people that I appreciated their concern, but that I had everything I needed, and hoped they wouldn't be offended that I was declining their considerate suggestions. But after being met with confusion, boredom or irritation, I soon realized they weren't asking out of concern for me at all! They were simply doing their job as wage slaves trained to harass the customer into spending more money before being allowed to escape.

I found your fellow objectors very much in the minority, drowned out by millions of enthusiastic links on what a fabulous idea upselling is.

Now I save time for everyone by quickly saying, "No thank you" as soon as the upsell begins. They don't care. In fact, they seem to appreciate being let off the hook right off the bat (to mix metaphors). They finish ringing up my purchase(s), send me on my way and happily move on the next customer. With this courteous but firm approach to the aggressive upsell, both parties are able to remain friendly and polite, which is a nice way to end any encounter.

If you're hoping to prevent being upsold altogether, I'm afraid you're out of luck. Out of curiosity, I went online to investigate the phenomenon, wondering if others felt as annoyed and manipulated as you do. Surely if enough people hated it, you could join together in a mass protest to end it?

Instead, I found your fellow objectors very much in the minority, drowned out by millions of enthusiastic links on what a fabulous idea upselling is, and how it can be used by almost any business to increase sales and profits. The most successful upsell of all time — "Would you like fries with that?" as pioneered by McDonald's — has been working like gangbusters since the 1970s and continues to increase profits by millions per year. In short, resistance is futile. The upsell is here to stay.

As for your objection to having to give your name when placing an order at Starbucks, and then being asked how to spell it, I'm tempted to suggest you invest in a meditation course or regular massage sessions, except you might misconstrue my sincere concern as upselling.

What I will advise is that you take control of the situation. Place your order and then, without being prompted, volunteer your name and the first initial: "That's for Catherine, with a C."

Give them a little something extra: An upspell.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Where's the apology for the state's place in staff rooms of the nation?

A posthumous pardon is certainly far better than none at all.

So it was a victory for many this week, when the federal government announced it would pardon Everett Klippert, the only man labelled a dangerous sex offender simply because he was gay.

The Liberals also announced a review of convictions prior to 1969 for buggery and gross indecency — offences that punished gay sexual acts.

It's a laudable move, but an incomplete one.

To begin with, 1969 was the year that gay sexual acts, called gross indecency, were decriminalized — but not anal sex, or buggery, which remained on the books until 1988. That's kind of like decriminalizing a grilled cheese sandwich, but not the cheese. In fact, a Global investigation found convictions actually spiked in the 1980s.

Of course, to seek pardons for the criminalization of gay sex post-1969 would force the Liberals to admit that Pierre Elliott Trudeau was not a perfect flag-bearer for gay rights. His 1967 announcement that "there's no place for the state in the bedrooms of the nation" did not mark an end to the state's interest in gay sex.

Plus, Trudeau failed, in both of his stints as prime minister, to end the imposition of the state into the bedrooms of its staff. Between 1958 and 1992, the government spied on and fired gays and lesbians in the military and public service.

"It's relatively easy to begin to pardon individuals. It's much more difficult for them to say, in a general way, 'What the Canadian state did to gays and lesbians was totally wrong,'" says Gary Kinsman, co-author of The Canadian War on Queers and part of a group calling for a federal apology. They had the official support of the NDP before the election. Liberal interest has extended to meetings with a few MPs, and not much more, Kinsman says.

That is a shame. It might be difficult to admit widespread wrongdoing, but it's actually a less bureaucratic process to apologize for firing people for being gay, than to review reportedly thousands of convictions over many decades. Perhaps there's a fear of lawsuits, a bad reason to leave a wrong un-righted. Perhaps the Liberals worry about their image as defenders of LGBTQ rights, much touted during the election. I hope not.

Public apologies should be serious matters, carefully considered, but a government that's quick to pardon one man who did nothing wrong should surely be able to apologize to the equally innocent Canadians it hunted down and purged for decades.

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Canada-based researcher Graham Collingridge one of trio awarded 1M-euro Brain Prize

Miso, my! Easy ramen broth

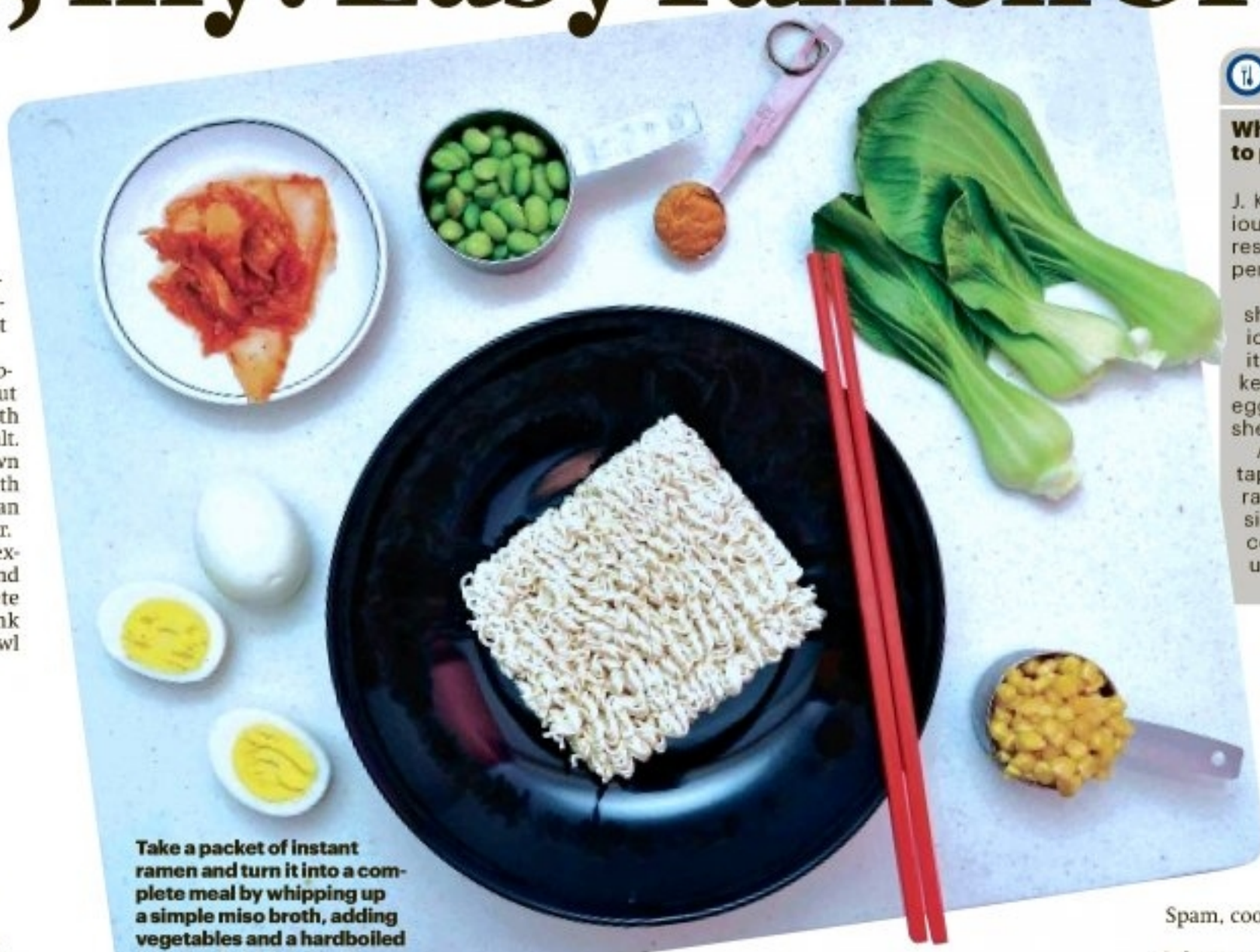
GUEST-WORTHY MEAL

Elevate instant noodle staple by making your own stock

Aside from a box of Kraft Dinner, nothing personifies singledom more than a packet of instant ramen.

The cheap block of instant noodles is delicious and satisfying, but the packet of powdered soup broth contains an entire day's worth of salt. Here's an easy way to make your own broth that is just as satisfying but with considerably less sodium so you can drink it without gasping for water.

While you're at it, take a few extra minutes and add vegetables and leftover meat to create a complete meal worthy of guests. You'll think twice about lining up for a $15 bowl of ramen after making this.



Take a packet of instant ramen and turn it into a complete meal by whipping up a simple miso broth, adding vegetables and a hardboiled egg as a finishing touch.

TORSTAR NEWS SERVICE

Baller Ramen

Makes one serving.

Ingredients:

- 1 large egg
- 2 cups (500 mL) water
- 2 tsp (10 mL) white miso paste
- 1 tsp (5 mL) soy sauce
- 1/2 tsp (2 mL) sesame oil
- 1 packet instant ramen noodles
- 2 heads of baby bok choy, leaves separated and rinsed
- 1/4 cup (60 mL) kimchi
- 1/3 cup (80 mL) edamame
- 1 Tbsp (15 mL) canned corn kernels, drained and rinsed

Directions:

1. Place egg in a small pot filled with enough cold water to submerge egg by at least an inch. Cover. Over medium-high heat, bring water to a rapid boil. Remove from heat and let sit covered for 12 minutes, or 6 minutes for soft-boiled eggs. Take out egg and submerge in bowl of cold water for 5 minutes until cool to the touch. Remove shell and slice in half lengthwise. Set aside.

2. While egg is cooking, in a small saucepan over medium heat whisk together water, miso paste, soy sauce and sesame oil. Bring to a rapid boil and add bok choy and ramen, stirring until leaves are tender and noodles are al dente, about 2 to 3 minutes.

3. Transfer to bowl. Top with sliced eggs, kimchi, edamame and corn. Serve immediately.

Other proteins to consider:
Cooked chicken, tofu cubes, thinly sliced Spam, cooked bacon.

Other veggies to consider:
Broccoli florets, sliced red pepper, bean sprouts, finely chopped bitter greens, pickled carrots and daikon.

Bonus condiments:
Nori, sesame seeds, Sriracha or any kind of hot sauce.

TORSTAR NEWS SERVICE

FOOD TIP

What's the best way to peel an egg?

J. Kenji López-Alt of Serious Eats, did exhaustive research on making the perfect boiled egg.

He concludes that shocking the egg in icy water and letting it cool completely is key in preventing the egg from sticking to the shell.

Also, he says to gently tap the shell all over rather than aggressively roll it across the counter, then peel under cold water.

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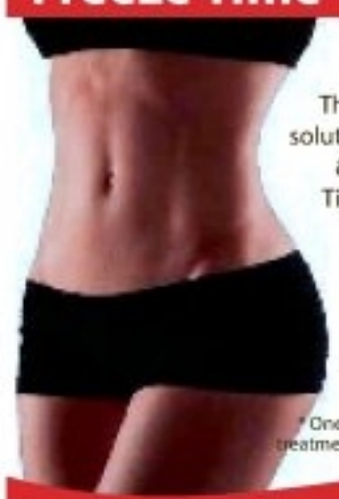

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ROSE REISMAN THE SAVVY EATER
THIS WEEK: Bacon

Bacon and eggs have been a popular breakfast choice for Canadians for decades, but changing up the bacon variety could save your weight and heart!

PICK THIS

Peameal bacon (cooked, 4 slices)
Calories 100
Fat 3.5 g
Saturated Fat 1.5 g

SKIP THIS

Bacon (cooked, 4 slices)
Calories 200
Fat 19 g
Saturated Fat 7 g

HERE'S WHY

Equivalent to 2.5 six-inch Ham subs (with lettuce, tomato and cheese) in fat from Subway

Peameal bacon, also known as Canadian or back bacon, comes from a lean boneless, pork loin, which is low in fat and saturated fat. Traditional bacon slices on the other hand, come from the belly of a pig, yielding twice the calories and five times the fat and saturated fat. Regardless of the type of bacon you pick, always only eat it occasionally since both options are high in sodium!

TASTE TEST

Sweet and sour: Fruit of the coffee bean

Ariel Teplitsky
Torstar News Service

Curious to know what the fruit of the coffee bean tastes like? You'll still be wondering after drinking a bottle of KonaRed.

Coffee beans grow on bushes inside a fruit that resembles a cherry, with a red skin and a thin layer of sweet fruit, which is often discarded. Today, more plantations are trying to make use of this coffee byproduct, called cascara, which still contains a small amount of caffeine, and a large amount of antioxidants and nutrients.

Thus you can now find cascara "coffee cherry tea" in some coffee shops. Or you can buy a bright red bottle of "Hawaiian Coffeeberry Superfruit Beverage" from KonaRed.

It tastes like you'd expect any berry juice to taste: sorta sweet, sorta sour, with hints of cherry, watermelon and ... is that pineapple? Yes, pineapple juice is the first ingredient. It also contains apple juice from concentrate, stevia extract as sweetener, plus natural flavours. The result is more fruit punch than fruit juice, which tastes fine but not in any way distinctive, though the sweetness masks a slightly pungent aftertaste.

You might still want to drink it for the reputed health-boosting qualities, but you'd be better off eating fresh, fibrous fruits and berries over sweetened, concentrated fruit juice.

And what of KonaRed's pledge of sustainability, by utilizing a part of the fruit that's often discarded? That's nice and all, but packaging this salvaged fruit in plastic bottles and shipping it thousands of kilometres to a Canadian supermarket can hardly claim a zero carbon footprint. So that's that. Grab a coffee, some fruit, and call it a day.

Would I try it again? No, but the next time I'm in Hawaii, I'll happily eat fresh coffee fruit — and the beans inside, too.

FOOD BRIEFS

Liquid assets

If someone gives you the stink eye for taking a photo of your meal, tell them you're trying to turn food porn into prizes.

Masi Agricola, one of Italy's perennial producers in the Vento region, begins it celebration of the 50th anniversary of Campofiorin ($19.49 -$20.95), its flagship red blend, with an Instagram contest. Just snap a shot of something edible inspired by the wine and post it with the hashtag #Campofiorin50.

First released in 1964, Campofiorin is made from a ripasso-style technique originated by Masi that sees fresh vinified juice from Valpolicella re-fermented along with grapes that have been slightly dried.

The current 2012 vintage is a rich, but very accessible, wine with universal appeal that has, to quote Masi on its food-friendliness, "versatility that inspires experimentation."

Prices reflect the range across the country. Some products may not be available in all provinces.

PETER ROCKWELL/METRO

Potluck favourite: Vegan Shepherd's Pie

Use whatever veggies you have to create your own version.

RECIPE

Don't get put off by all the layers, this pie is pretty simple

Five-Layer Vegetable Shepherd's Pie

Have a potluck coming up? Make this a day or two ahead. Then warm it in the oven for 20 minutes at 350 F (180 C) and reheat the vegan (yes, vegan) gravy over the stove.

Mushroom layer
- 3 Tbsp (45 ml) olive oil
- 2 cloves garlic, finely minced
- 1 2/3 cups (310 ml) finely minced white onion
- 1 lb (450 g) button mushrooms, coarsely chopped
- 1/2 tsp (2 ml) table salt

Squash/Zucchini layer
- 1 Tbsp (15 ml) olive oil
- 2 cups (500 ml) finely diced, peeled squash
- 2 cups (500 ml) finely diced zucchini
- 1/2 tsp (2 ml) table salt

Quinoa
- 2 cups (500 ml) water
- 1 cup (250 ml) quinoa, rinsed

Bell pepper/leek
- 1 Tbsp (15 ml) olive oil
- 1 green pepper, finely diced
- 2 cups (500 ml) chopped leeks, white parts only
- 1/2 tsp (1 ml) table salt

Potatoes
- 1 1/2 lb (675 g) medium white potatoes (about 5), peeled
- 1/2 cup (125 ml) no salt-added vegetable broth
- 1/4 tsp (1 ml) cayenne or paprika, if desired

1. For mushroom layer, in a large frying pan, heat oil and garlic over medium heat. Cook 2 to 3 minutes until the garlic starts to brown. Add the onions, mushrooms and salt. Stir and cook, allowing the onions to turn translucent and the mushrooms to shrink in size and begin to brown, about 20 to 25 minutes. Pour the mushroom-onion mixture in an even layer into a 10.5-by-7.5-inch (27-by-19-cm) oven-safe casserole dish. Set aside.

2. For squash layer, in large frying pan, heat oil on medium heat. Add squash, zucchini and salt. Stir and toss until the squash and zucchini become tender and begin to brown, about 10 minutes. Layer mixture evenly on top of the mushroom-onion mix in the casserole dish.

3. For quinoa layer, bring water to a boil over high heat. Add quinoa. Stir. Reduce heat to low. Cover; cook 10 minutes, or until quinoa is tender and liquid has evaporated. Layer on top of squash and zucchini.

4. For the bell pepper layer, in the frying pan, heat oil on medium heat. Add green pepper, leek and salt. Cook, stirring, until tender, about 8 to 10 minutes. Layer on top of cooked quinoa.

5. Meanwhile, for potato layer, fill a medium pot two-thirds full with water. Bring to boil over high heat. Add potatoes. Cover. Boil 20 to 30 minutes, or until a knife easily slides into potatoes. Drain and let air dry. Transfer to a mixing bowl. Add the room-temperature broth while the potatoes are still hot. Using a potato masher or fork, mash the potatoes until creamy. Spread potatoes in an even layer on top of the casserole dish using a spatula. Sprinkle cayenne or paprika, if using.

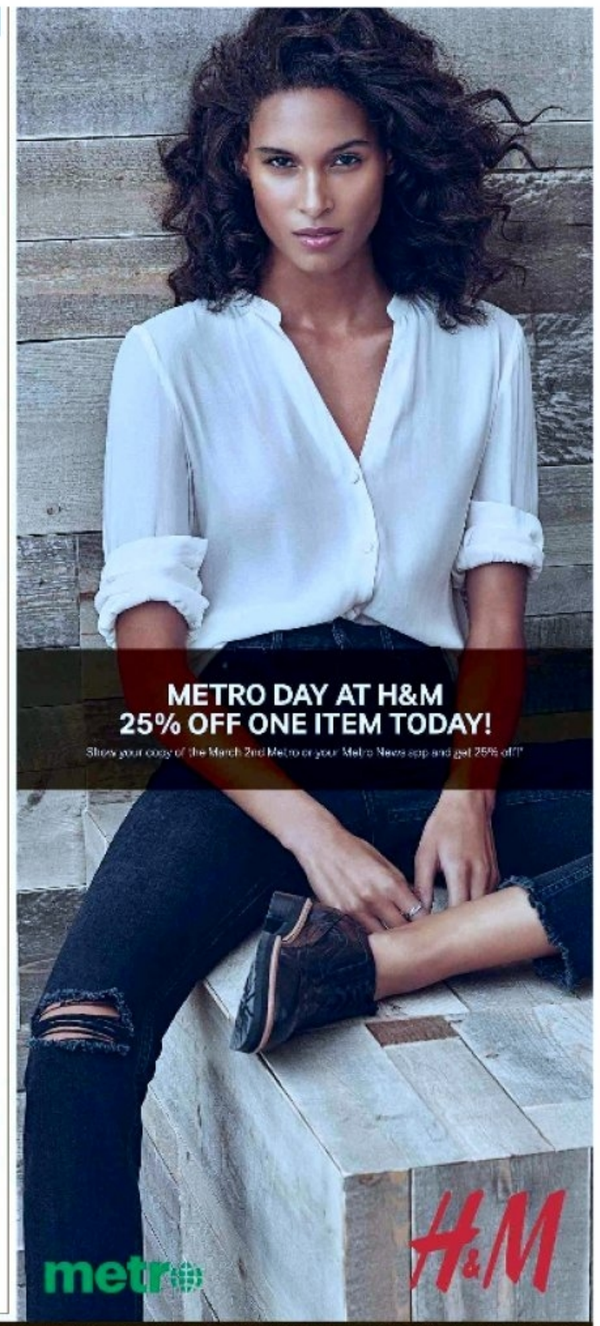
6. Bake casserole in preheated 350 F (180 C) oven 15 to 20 minutes, or until the potato crust turns golden brown. Serve with gravy, if desired. Makes 4 to 6 servings.

TORSTAR NEWS SERVICE

VEGAN GRAVY

- 1 Tbsp (15 ml) olive oil
- 1/3 cup (75 ml) finely minced white onion
- 1/2 tsp (2 ml) table salt
- 1/4 tsp (1 ml) black pepper
- 1 1/2 cups (375 ml) no salt-added vegetable broth
- 1/2 tsp (2 ml) soy sauce
- 1 Tbsp (15 ml) all-purpose flour

In small saucepan, heat oil over medium heat. Add onions, salt and pepper. Cook until onions soften and turn translucent, about 10 minutes. Add broth and soy sauce. Stir. Quickly whisk in flour, making sure there are no clumps. Reduce heat to low and gently simmer 20 minutes, or until the gravy thickens. Makes about 1 1/2 cups (375 ml) gravy.



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METRO DAY AT H&M

CBC rolls out its own kind of Serial

INTERVIEW

David Ridgen investigates cold cases in new podcast

Melita Kuburas
Metro | Canada

There are similarities between CBC's new podcast, Someone Knows Something, and the first season of American radio doc Serial: both roll out weekly, investigating old cases in real-time, and both are anchored by a captivating reporter, bringing some transparency to this type of journalism.

But David Ridgen, host of the CBC show that launches March 2, says he deliberately stayed away from programs like Serial and Netflix's Making a Murderer.

"I don't want to unconsciously or consciously even try to mimic them," he tells Metro. "I think comparisons will be made, but I'm hoping that we have our own unique kind of show that's based on an honest process and looking for the facts."

To be fair, Ridgen has been doing this genre long before the aforementioned U.S. true-crime series were released. His 2007 documentary Mississippi Cold Case led to the prosecution of a Ku Klux Klan member connected to the killing of two young black men.

And like in that project, and others since (Confession to Murder, A Garden of Tears), Ridgen wants results in the mysteries he examines for the CBC. "I'm here to actually solve a case and to do that I have to be engaging, but I also have to be fair to the family members and not lead them somewhere and just leave them hanging," he says.

ABOUT THE CASE

Photo of Adrien McNaughton in 1972 and sketch of how he would look as an adult, released in 2009. ONTARIO PROVINCIAL POLICE

The first season of Someone Knows Something launches today at cbc.ca/sks. It will also be available on iTunes and Google Play. It looks at the case of Adrien McNaughton, a five-year-old boy who vanished during a family fishing trip in Calabogie, Ont. in 1972.

Host David Ridgen grew up in the town, and says that it has been a "dark cloud" over the community ever since he can remember.

Here is another important distinction: While Serial and Making a Murderer have been criticized by the family members of murder victims Hae Min Lee and Teresa Halbach, respectively, Ridgen is not interested in reopening an old wound unless he has full support from the family affected.

"It's important to see that these cases are about process as much as they are about the outcome," he says.

Families of missing or murdered loved ones often face a lot of guilt associated with the tragedy, and sometimes they face blame from the community or are cast in a suspicious light. Ridgen wants the reporting to be healing. "In looking back at the cases, I feel like the process of this podcast is offering an almost therapeutic kind of approach."

Ridgen adds that even if he doesn't get to the point where they're in the courtroom "pointing our fingers at a person who has done it," the process is worthwhile if he knows the family has learned something and have some closure. But the work also takes a toll on him. In the prologue for the series, Ridgen struggles with whether to accept the CBC offer, given the emotional weight it's had on him in the past.

"There's no doubt that it has an impact when you're looking at photographs of crime scenes or things that the general public just does not get to see and it's just the constant iteration of the information through your head about missing children, murders and horrific imagery. As I say in the prologue, it just kind of haunts you."

David Ridgen, host of Someone Knows Something. OWEN RIDGEN

JOHANNA SCHNELLER WHAT I'M WATCHING

The many truths in a Bronco chase

THE SHOW: American Crime Story: The People vs. O.J. Simpson, Episode 2 (FX)
THE MOMENT: The Pizza

Los Angeles, 1994. Football star, media personality — and accused murderer — O.J. Simpson (Cuba Gooding Jr.) is cruising the freeways in a white Ford Bronco, pursued by a dozen police cars, while the world watches on television.

In the kitchen of a pizza delivery joint, phones ring off the hook while cooks scramble to make pies.

"This is crazy," one says, grabbing an empty plastic bin.

"We ran out of cheese."

My love for this limited series is deep and abiding, and scenes like the one above are why.

How many times have you seen "news is happening" dramatized by people staring at TVs?

This show depicts that scene not just originally, but also thematically — our bottomless appetite for food equals our bottomless appetite for sensationalism.

The co-writers, Scott Alexander and Larry Karaszewski, are just so freaking smart. (They also wrote Ed Wood and The People vs. Larry Flynt.)

They're expert at finding the places where celebrity and success curdle into toxicity and greed, and for turning complex issues into gripping drama.

In Simpson's story, they hit the motherlode.

The issues that riveted us 22 years ago — America's deep divisions in race, class, wealth, fame; our eagerness to judge people superficially and leap to conclusions based on our prejudices — are, if anything, even more urgent now.

Giving the Bronco chase a full hour is just one example of the show's genius.

It takes the time to parse every detail, and finds meanings and connections that make us gasp.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Cuba Gooding Jr. is O.J. Simpson in The People vs. O.J. Simpson. CONTRIBUTED

Pill embraces dark side in The Family

NEW SERIES

Toronto-born actor plays an unscrupulous daughter

When it comes to actresses who are universally liked, Alison Pill certainly fits the bill.

The Newsroom and Scott Pilgrim vs. the World star is known for her quirky, girl-next-door roles, having amassed a small cult following thanks to her charm, ability to throw down with the guys and embrace varied roles. But when viewers see her next, on ABC's serialized crime drama The Family, they'll experience a whole new side of the Toronto native.

The series revolves around a small family whose world is shaken to the core when their missing and presumed dead son returns a decade later, just as the family matriarch (Joan Allen) readies to announce her bid for governor. Pill plays Willa, the clan's only daughter, a deeply religious character who works with her mother and isn't always what she seems to be on the surface.

Willa Warren is unafraid to say harsh things for the greater good or do whatever is necessary to keep her family together. In the pilot, we learn she may have had something to do as a child with sending another man to jail for crimes her brother committed, but that's just the beginning of the political manoeuvring we see in her adult years.

Those character traits are exactly what drew Pill back to TV instead of film following HBO's The Newsroom.

"It's just such a typically female trait to want to be universally liked. I fall into that trap too, trying to be all things to all people," she says. "Willa is like that as well; she's really driven and ambitious and willing to make personal sacrifices for the good of what she sees for her family. Willa is manipulative and I'm sure some people will hate her, but the things that drive her are good things. I just love how full a person she is and is allowed to be."

Coming off The Newsroom, Pill is familiar with criticisms around how female characters are written on television. Critics came hard at Newsroom creator Aaron Sorkin, claiming the women on his show were some of the most unrealistic, always having breakdowns and falling back on their male counterparts. Pill has a different take on that narrative and says being on the show has opened plenty of doors for her career.

In The Family, Alison Pill plays Willa Warren, a deeply religious character faithful to her family but few others. HANDOUT

"There's this Sorkin archetype that sort of defies gender in that we're all kind of playing him in many ways," she explains. "A lot of the dialogue is genderless. It was fun to be part of this piece of clay once a week. I'd done two TV shows before The Newsroom, but that show just hit a certain vein that people really liked and will go on liking because of the way we watch TV now.

"People are still discovering it, which is cool and exciting; it opened up doors."

One revolving door the 30-year-old seems keen to walk back through is on the big screen with fellow Canadian Jay Baruchel and the upcoming Goon sequel. Reprising the role of Eva for Last of the Enforcers wasn't just a reunion of sorts for the actress, but a chance to be a part of Baruchel's directorial debut.

"Working with Jay as a director was so exciting and awesome, and it was so lovely to see Seann William Scott again and to just get the gang back together," she says. "This one will be bigger, more operatic; it's going to be so rad. Everybody's older, but Jesse Chabot and Jay have written a wonderful script that has the same amount of heart and humour as the first one. Except it's a little bigger and gutsier and with hopefully some more big hits." TORSTAR NEWS SERVICE

The Family debuts Wednesday at 8 p.m. ET on CTV, then moves to its regular Sunday 9 p.m. ET slot March 6.

STAR GAZING

Where you've seen her:

The Newsroom (2012-14)
On the HBO drama, Pill won hearts as the slightly assuming but aspiration-filled Maggie Jordan.

The Pillars of the Earth (2010)
As Maud, the daughter of a deceased king in this miniseries, Pill embraced royalty and strength with motherhood, all while being known to extort a monk or two to get what she needed.

In Treatment (2009)
Pill's April was deeply flawed and emotional, as she worked toward finding empathy for her autistic brother and inner peace for herself in this HBO offering.

Scott Pilgrim vs. the World (2010)
Pill's turn as Kim Pine in the cult classic is one of a kind thanks to her character rarely blinking or breaking eye contact.

Midnight in Paris (2011)
With her big hair and bright eyes, Pill as Zelda Fitzgerald was one of the more memorable characters in the Woody Allen film.
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HEALTH BRIEFS

Study shows women prefer narcissistic men

A joint Polish and Finnish study has found that women are more attracted to dark, brooding men and that this unconscious preference could be related to reproductive success.

The research focused on women's attraction to narcissistic, Machiavellian and psychopathic men by analyzing their attraction to facial features associated with these personality traits.

The team was interested in three traits, known as the "Dark Triad." These are narcissism, Machiavellianism and psychopathy.

The researchers asked 2,370 adult women to look at photos of two men's faces side by side, with one face having more or less of these three key features than the other. They were then asked to pick which of the faces they found most attractive. The results showed most of the participants were attracted to men with strong features associated with psychopathy, Machiavellianism and narcissism. Women attracted to narcissistic men's faces also gave birth to more children. AFP

It's how you cope with stress that impacts health

It is your reaction to stress — not how often you're stressed — that is more important to heart health, says a new U.S. study.

Researchers from Penn State University and Columbia University looked at the effect of daily stress on heart rate variability — the variation in intervals between heartbeats, which is linked to cardiovascular disease.

"People with lower heart rate variability have a greater risk of cardiovascular disease," says researcher Nancy L. Sin of Penn State.

The team collected data from 909 participants aged 35 to 85.

From these reports, they saw it wasn't necessarily those who reported a high number of stressful events in their lifetimes that had the lower heart rate variability. It was those who perceived events as being stressful — no matter how many experienced — who had more negative emotions and showed a lower heart rate variability.

"These results tell us that a person's perceptions and emotional reactions to stressful events are more important than exposure to stress per se," says Sin.

AFP

Ghomeshi trial affects my dating life

PERSONAL ESSAY

Sex-assault case casts shadow on courtships

Jen Kirsch
Torstar News Service

Writer Jen Kirsch poses in her Toronto apartment with her teddy bear Hope, who has been relegated to a closet because visitors keep referencing Ghomeshi's Big Ears Teddy when they see it. TORSTAR NEWS SERVICE

While lying in bed with a guy after a recent date, he brought up Jian Ghomeshi. I wasn't surprised; we'd both been following the courtroom drama tweet by tweet every day for weeks.

He wrapped his hands playfully around my neck and kissed me. "Are you OK with this?" he asked, "I don't want to get Ghomeshi'd."

By "this," he meant that he wanted to make sure he had my consent. He used Ghomeshi's name as a verb, to ensure I wouldn't report him to the police for lightly choking me.

This Ghomeshi-as-a-verb reference is something I'm now used to, because other dates have used it as well.

In this situation, I responded by playfully telling him he had my consent, as I wrapped my hand around his. Some laughter ensued and we carried on with our encounter, as he ominously mentioned how creepy and sexy it was that the newspaper next to my bed had an image of Ghomeshi on the cover.

This case is topical. It's what we're ingesting as pop culture. During the first two weeks of February, I — as many curious Canadians were — was refreshing my Twitter feed ad nauseam, following every tweet from the journalists in the courtroom during Ghomeshi's trial.

Because of that, it's made me self-conscious and hyper aware with my dating prospects. I'm thinking about every action and every word.

Just the other night, I got an unprompted text from another suitor, who'd likely had one too many libations. The first text read: "Let me Ghomeshi all over your face." The second: "I won't let big ear's teddy watch (sic)" The third: "No?" The Fourth: "Go top (sic) far?"

I've sent and received my share of late-night texts, but this unprompted one caught me by surprise. It made me shake my head as I acknowledged a handful of single men referring to the case in a facetious way.

I finally replied: "Too far."

An apology text came after, "Hey, sorry. I'm trying to have fun drunk text exchanges. It's a bit early for us. I was not trying to offend."

But, by then, I was a bit taken aback and stuck with a not-so-becoming visual in my head.

My mom, who passed away from cancer years ago, was gifted with a cream coloured-teddy bear with a blue ribbon around his neck that said "Hope," which is what I ended up naming him. Since her passing, I've kept it on my bed as a reminder of my mom and to always have hope.

That was until the Ghomeshi trial got underway and everyone started making references to Big Ears Teddy, the stuffed blue bear Ghomeshi allegedly turned away from the activities in his bedroom while women were over so it couldn't "watch."

Hope now resides in the darkness of my closet, locked up in a shameful cage. I'm nervous and a bit embarrassed that I'll bring someone home with me who'll make yet another Ghomeshi and Big Ears Teddy reference.

Three weeks ago, before the trial (and takedown of witnesses), I would playfully use the word stalking when pursuing men. "I totally just stalked your Facebook page."

Now I'm catching myself monitoring my tone in texts sent as well as my usage of once playful and flirtatious words such as "stalking" to lure a guy in.

I'm worried about something ever happening to me.

I'm also worried about being questioned — in the way that Marie Henein, Ghomeshi's defence lawyer, did during her takedown of the witnesses' credibility — about my word choice used in texts and emails past.

I've contemplated deleting a come-hither bikini shot I posted on my Facebook profile, out of fear that it will someday and somehow be misconstrued. I wondered who, if anyone, I sent that picture to. I'm definitely not going to send it, or really any "luring" photo, to anyone now.

I decided not to take the image down from my page, because it was posted under different circumstance than Witness 1's image, which was sent directly to her accuser after the fact.

I'm sure I've sent other playful selfies to guys, but I will no longer be sending them in the future.

I wish I didn't have to monitor my way of being. But the truth is this case has greatly affected me.

I don't think this heightened awareness is going to die down any time soon. And, ever since I started writing this piece, I've become all too aware of references to people not wanting to get "Ghomeshi'd."

I pulled Hope out from my closet to do the photo shoot for this article.

After, I had a few friends over for cocktails. Almost immediately one of them made a Big Ears Teddy reference, telling me I should "Turn him around Big Ears Teddy style," so he wouldn't witness us getting our buzz on.

As soon as my guests left, I put Hope back in the closet, knowing he won't be seeing the light of day any time soon.

NUTRITION

Eating fish during pregnancy has many benefits

A new study suggests that pregnant women should continue to eat fish during pregnancy, with negative health effects of low-level exposure to mercury potentially outweighed by the beneficial effects of fish consumption.

Carried out by a team of researchers from Cincinnati Children's Hospital Medical Center and published online in the journal Neurotoxicology and Teratology, the study looked at the effect of the brain and nervous system on behaviour — referred to as neurobehaviour — of 344 five-week old infants, and a possible association with their exposure to mercury during pregnancy.

Researchers also gathered information from the mothers on how much fish they consumed during pregnancy, and estimated their polyunsaturated fatty acid intake — beneficial fats found in fish — based on type and amount of fish consumed.

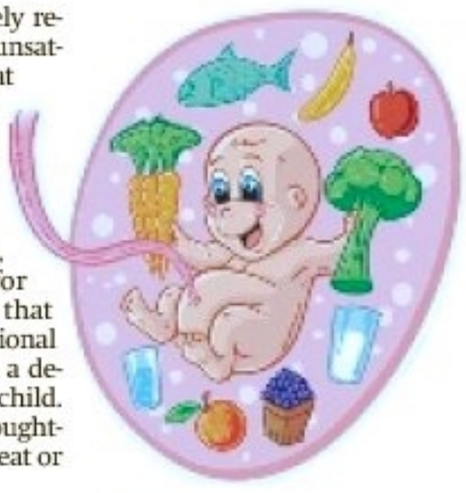
From the data collected the researchers found that although 84 per cent of mothers reported eating fish during pregnancy, in general participants had a low fish consumption and therefore low exposure to mercury, only consuming around two ounces of fish on average per week.

However when looking at the children whose mothers had eaten more fish, therefore exposing children to a higher level of mercury, although these children did show unequal reflexes, they also showed better attention and needed less special handling than those exposed to lower levels of mercury.

Commenting on the findings, senior author Kim Yolton emphasized, "The better neurobehavioural performance observed in infants with higher mercury biomarkers should not be interpreted as a beneficial effect of mercury exposure, which is clearly neurotoxic. It likely reflects the benefits of polyunsaturated fatty acid intake that also comes from fish and has been shown to benefit attention, memory, and other areas of development in children."

Yolton concluded that, "The important thing for women to remember is that fish offers excellent nutritional qualities that can benefit a developing baby or young child. Moms just need to be thoughtful about which fish they eat or provide to their child."

AFP



ISTOCK

metro DRIVE
Your essential daily news

Bugatti Chiron breaks record for world's fastest production car

Cadenza: The height of mid-luxury

ROAD TESTED

REVIEW

Like rivals, Kia's latest has many features for its price point

Jil McIntosh
For Metro Canada

If you like luxury but your budget doesn't, the "mid-lux" segment might be for you. Kia's entry is the Cadenza, a model that isn't all that common on the streets but could be a hidden gem for many buyers.

Its platform design has been around for a while. It shows its age with a somewhat doughy suspension that's mostly gone out of fashion in favour of the sportier, sharper feel in most new models. Still, that's precisely the type of ride many luxury buyers prefer. And it's all put in motion by a seriously sweet 3.3-litre V6 engine that's powerful, smooth and quiet, and mated to an equally-refined six-speed automatic transmission.

A well-equipped base model starts at $37,995, but higher-end features such as a panoramic sunroof, ventilated front seats, heated rear seats, power-adjustable steering wheel and power rear sunshade come with the Premium trim at $41,995.

My tester, the top-end Tech at $45,595, included blind-spot monitoring, lane departure warning system, and adaptive cruise control, which adjusts its speed in relation to traffic ahead. Many of these cruise systems have become very sophisticated, but this Kia's version is still too jerky.

The sedan's handsome cabin, which only comes in black, offers up a good amount of legroom and headroom in both the front and rear seats. Those chairs are impressively comfortable, and on the Premium and Tech trims, the driver's seat has a power-operated knee extension, perfect for long-legged folks who find that most seat cushions are too short.

The Cadenza slots between Kia's volume-selling Optima and its even-rarer top-line K900 sedan. It shares its mechanicals with the Hyundai Azera sedan, a model no longer sold in Canada but still available in the U.S.

> **The Cadenza slots between Kia's volume-selling Optima and its even-rarer top-line K900 sedan.**

It follows Kia's business model of offering a lot of features for the money, but other manufacturers have jumped onto that as well: many other mid-lux models also pile on the features in a price range that's comparable to Cadenza's. You'll have to closely comparison-shop to get the most for your money, but include Kia's version on your list.

THE CHECKLIST | 2016 KIA CADENZA

THE BASICS

Type. Four-door, five-passenger mid-size sedan
Engine (hp/torque). 3.3-litre V6 (293/255)
Transmission. Six-speed automatic
Price. $37,995 (base); $45,595 (as tested), plus destination

COOL FEATURES

- Electric parking brake
- Rear-view camera and parking sensors
- 12-speaker audio system
- Windshield wiper de-icer
- Rear-seat USB charging port
- Power-folding mirrors
- Automatic window defogging feature

MAIN AND INTERIOR PHOTOS: JIL MCINTOSH/FOR METRO; OTHERS HANDOUT

POINTS

- The Tech trim adds LED fog lamps, 19-inch wheels, power passenger seat, and adjustable steering feel.
- The Tech uses hydrophobic glass in the front-door windows, which causes snow and raindrops to sheet off the surface to improve visibility.
- The engine uses direct gasoline injection.

MARKET POSITION

- Kia is a strong player in the entry-level and mid-range markets, but is still minor in the mid-lux and luxury segments. That may change in future, especially as parent company Hyundai launches its separate Genesis luxury brand.

THE COMPETITION

Nissan Maxima
Base price: $35,900

Buick LaCrosse
Base price: $36,525

Toyota Avalon
Base price $38,185

PREMIUM MODELS

Nissan unveils crossover crown jewels at Geneva Motor Show

The company that helped to kickstart the European crossover craze is bringing two personalized concepts to this year's show in a bid to retain its place in the market as choice continues to grow.

The Qashqai Premium Concept and the X-Trail Premium Concept are a concerted attempt to show that hugely popular models can still be diverse and to test the appetite for new external and internal options and design touches.

"We allowed the creativity of our design teams to shine through," said Shiro Nakamura, senior vice president of Design and Chief Creative Officer at Nissan Motor Company Ltd about the cars that took two years to develop.

"Ultimately we settled on two designs — which are contrasting, but share common themes — as they reveal a new premium character in our crossovers."

This year's Geneva Motor Show will be overflowing with new crossovers and many of them will be from the likes of Audi and VW — marques with a strong focus on premium performance or premium materials.

Nissan's solution is a Qashqai aimed at a "Premium Urbanite" — an individual that wants to drive to Paris or Rome on the weekends. The concept is finished in matte black with contrasting copper details and bare carbon fiber elements.

All of this is meant to contrast sharply with the white Nappa leather interior. The seats get the diamond quilting treatment usually associated with marques like Bentley, and surfaces and dashboard panels are clad in a copper-gold carbon fiber weave.

As a more capable crossover, the X-Trail concept is targeted at the "Premium Adventurist" that wants to head off the beaten track over the weekend. It's finished in a combination of matte white and black, and the copper detailing is focused on highlighting elements like skid plates and side steps — the features that mark out a car's off-road credentials.

Inside, the leather palette is very similar to that found in a Range Rover: black and tan tones with piping details on the seats and the use of darkened chrome elements on the dashboard.

According to Mamoru Aoki, Executive Design Director of Nissan Motor Company Ltd, both cars are about exploring "creative solutions to fulfill the broad range of the needs of the aspirational customers in Europe."

AFP

The future of software updates

AUTO TECH

More companies to use over-the-air technology

Who likes software updates?

They're those recurring installations that kick in just when you are about to shut off your laptop for the day, or the pesky alerts on your smartphone reminding you about a shiny, new version of the operating system.

It's hard to imagine many raised hands.

Constant software improvements are no longer limited to personal electronics. As thousands of new lines of code get added to cars with every new model, version updates are becoming the norm for vehicles as well.

Most people with newer cars have made at least a couple of software update trips to dealerships, or may have just ignored all those mailed reminders.

But it will get harder to overlook these kinds of "soft" maintenance procedures as vehicles become more reliant on digital platforms.

Tesla — as with so many other things — has been ahead of the game for remote updating of cars. Owners of the luxury electric vehicles don't need dealership visits to add new features — smarter routing, new interfaces, even drive assist options — to their cars. All of that can be done remotely.

Now other automakers are planning to unlock the full potential of over-the-air (OTA) updates.

Some, like General Motors, already perform OTA updates for their telematics systems. Over the next few years, the Detroit automaker will continue to change the electrical infrastructure of its vehicles to facilitate the use of more remote software changes. Similarly, Ford, Toyota and several European automakers have confirmed that their customers can expect more OTA usage down the line.

At this year's CES event in Las Vegas, automotive connectivity and infotainment solutions supplier Harman International revealed that they also are working with several automakers on remote software delivery platforms.

Harman has been on the cutting edge of OTA updates, and its recent business strategy also sheds light on the two key concerns surrounding OTA updates — speed and safety.

While Tesla has been leading the pack on the remote updating of cars, other companies are following suit. ISTOCK

Last year it acquired Redbend, an Israeli company that has helped Tesla remotely roll out critical updates like its Autopilot driver assist system with minimal bandwidth usage.

Similarly, Harman recently announced that it will acquire Towersec, a company that specializes in network security — arguably the biggest pain point in the development and adoption of OTA updates.

Like Harman, all automakers and suppliers are currently pursuing the Holy Grail of OTA — faster, compact and secure data packages. The cost of remotely sending thousands of lines of code can be expensive — either for the automaker or the vehicle owner or both. Any remote software revisions therefore have to be very specific and targeted in order to make them more viable.

Many automakers continue to hold themselves back because of security issues and concerns over hacking.

For instance, GM has said that unlike Tesla, it will never use OTA for updates related to safety systems such as brakes. As a result, a lot of sweat and dollars will be spent over the next years in making sure platforms are secure enough to support all kinds of OTA updates.

TORSTAR NEWS SERVICE

+ CHANGES

• Some companies will continue to use cellular networks, others will use vehicular Wi-Fi to transmit data. According to a recent Automotive News report, some are also looking at a third option — sending the software update to the driver's smartphone, which will then push the update to the car via Bluetooth.

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Highline model shown

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metro SPORTS

Yoenis Cespedes and **Noah Syndergaard** went back in time Tuesday as they rode horses to Mets camp

Expectations on the rise

WHITECAPS

Winning MLS Cup 'attainable with the roster we have'

Cam Tucker
Metro | Vancouver

It's too soon to plan the parade route.

The Vancouver Whitecaps open the 2016 regular season on Sunday, as they face the Montreal Impact at BC Place Stadium. So begins the exceedingly long and arduous journey that is the Major League Soccer regular season.

Every year since Carl Robinson took over as manager, the Whitecaps have seen incremental improvements. In his first year, they qualified for the playoffs and lost in the first match.

Last year, for the first time in franchise history, they hosted an MLS playoff game. The result was a loss to rival Portland Timbers, ending the Whitecaps' 2015 season.

Following last year's playoffs, Robinson has, over these last few months, built, added and made tweaks to his roster.

After difficulties scoring goals surfaced — and ultimately sunk this team — in the second half of last season, the Whitecaps added Japanese striker Masato Kudo, antagonizing forward Blas Perez and midfielder Christian Bolanos to augment the attack.

They join a roster that appears right now to have a healthy Pedro Morales, the always tenacious and dangerous Cristian Techera and one of the top goalies in MLS in David Ousted — to name a few of the reliable players throughout the lineup.

Robinson conceded that the upgrades to his roster provide difficult decisions for him as far as lineups go. It also gives him options as far as different formations.

The coach said he tried three different formations during the pre-season, with positive and negative signs. There is an advantage to simply having those options at his disposal.

And a deeper roster has heightened expectations.

"We expect more. I think we expect more consistency throughout the year," said defender Jordan Harvey.

"I think each year the expectation gets higher and higher, like we've been talking about. Making the playoffs was a huge one. Now making each round is better and better. Making the Western Conference championship, getting an MLS Cup is definitely attainable with the roster we have here and so that's the goal, without a doubt."

CALF STRAIN

Teibert misses training

Canadian midfielder Russell Teibert didn't train on Tuesday due to a calf strain.

"I think he's going to be out there tomorrow. But I was told that a week ago, so I don't know," Robinson said.

Trouble scoring last season led the Whitecaps to acquire striker Masato Kudo, above, and forward Blas Perez.

KUDO PHOTO: KAZUHIRO NOGI/AFP/GETTY IMAGES; BLAS PHOTO: JAMIE SQUIRE/GETTY IMAGES

NHL

Canucks dropped by Isles

Thomas Hickey scored the winner in the third period Tuesday as the New York Islanders defeated the Vancouver Canucks 3-2.

Travis Hamonic and Anders Lee also scored for New York (34-20-7), while Thomas Greiss made 31 stops. Hickey also added an assist.

Linden Vey and Daniel Sedin replied for Vancouver (24-26-12), which got 21 saves from Jacob Markstrom.

TUESDAY In Vancouver

3	2
ISLANDERS	CANUCKS

After the Canucks tied the game 2-2 at 10:52 of the third on Sedin's 24th of the season that he banked in off Greiss from the corner, Hickey scored his fourth on a blast from the point just 2:03 later that appeared to hit a defender in front.

Vancouver pulled Markstrom with 2:30 to go in regulation, but the Canucks were unable to find an equalizer despite some sustained pressure.

The Islanders sit third in the Metropolitan Division, while the Canucks remain eight points out of a playoff spot in the Western Conference.

The Canucks host the San Jose Sharks on Thursday night.

THE CANADIAN PRESS

NHL

Capitals take latest round of rivalry

Matt Niskanen scored the winner during a third-period power play and the Washington Capitals beat the Pittsburgh Penguins 3-2 Tuesday night in an entertaining, back-and-forth showdown that could be a first-round playoff preview.

Mike Richards and Evgeny Kuznetsov also scored for the NHL-leading Capitals, and Braden Holtby made 28 saves while becoming the first goaltender in franchise history with consecutive 40-win seasons. His glove stop on Carl Hagelin with 32.8 seconds left preserved the victory.

Evgeni Malkin and Patric Hornqvist scored for Pittsburgh, which holds the second wild-card spot in the Eastern Conference.

THE ASSOCIATED PRESS

TUESDAY In D.C.

3	2
CAPITALS	PENGUINS

IN BRIEF

IOC removes itself from handling doping cases

In a major change in the handling of positive drug tests at the Olympics, the IOC agreed Tuesday to remove itself from the process and have a group of independent sports arbitrators rule on doping cases during the games in Rio de Janeiro.

The change was approved by the International Olympic Committee's executive board, IOC spokesman Mark Adams said.

THE ASSOCIATED PRESS

Getzlaf gets last laugh in Feb.

Forwards Ryan Getzlaf of the Anaheim Ducks, Alex Ovechkin of the Washington Capitals and Filip Forsberg of the Nashville Predators were named the NHL's three stars for February on Tuesday.

The first star Getzlaf had six goals, 14 assists and a plus-13 rating, Ovechkin earned second star with 12 goals in 13 games and Forsberg took third-star honours with 12 goals in 13 games. THE CANADIAN PRESS

NHL

McDavid double taps Eichel's Sabres

Connor McDavid scored his second goal of the game in overtime to lead the Edmonton Oilers to a 2-1 victory over the Buffalo Sabres on Tuesday night in an anticipated matchup against another top rookie, Jack Eichel.

McDavid scored 22 seconds into the game, and then got the winner by blowing past Buffalo's defence seconds after Eichel spun around a defender and missed just wide with a twirling backhand shot.

THE ASSOCIATED PRESS

Connor McDavid's 12th goal of the season came in OT Tuesday. THE ASSOCIATED PRESS

West Brom frustrates table-topping Foxes

EPL ROUNDUP

Spurs can go top after lively Leicester is held at home

West Brom's Claudio Yacob, left, trips up Leicester's midfielder Riyad Mahrez. OLI SCARFF/AFP/GETTY IMAGES

Leicester's unlikely Premier League title challenge faltered with a 2-2 home draw with West Bromwich Albion on Tuesday, offering Tottenham the chance to go top in another twist to the most unpredictable race for the championship in years.

Moving three points clear of the world's richest league was nothing to celebrate for Leicester's despondent players, who wasted a slew of late chances to put a provisional five-point gap over the Spurs.

"Just sometimes you can do everything but the ball doesn't want to go in," said Leicester manager Claudio Ranieri, who has turned a team that narrowly avoided relegation last season into a title contender.

Tottenham is away to West Ham on Wednesday, while the title hopes of fellow contenders Arsenal and Manchester City — third and fourth respectively — were also boosted by Leicester dropping points. Resurgent Chelsea moved into eighth place and within sight of the European places by beating Norwich 2-1, extending its unbeaten league run since Jose Mourinho was fired before Christmas to 12 games. At the bottom, Aston Villa's fans staged a mass walkout after the last-place team sunk nearer relegation with a 3-1 home loss to Everton. Ramiro Funes Mori, Aaron Lennon and Romelu Lukaku were on the scoresheet for the Toffees.

> "Nothing negative. We tried to do everything and well done to my players."
> Leicester boss Claudio Ranieri

Villa Park had already started to empty when thousands of fans departed in the 74th minute in protest at American owner Randy Lerner — when Villa was 3-0 down — to mark the year the club was founded, 1874.

Sunderland grabbed a 90th-minute equalizer to draw 2-2 with Crystal Palace and provisionally climb out of the bottom three and Bournemouth beat south-coast rival Southampton 2-0 to further ease its relegation concerns. THE ASSOCIATED PRESS

FORMULA ONE

Rosberg fastest for Mercedes

Nico Rosberg posted the fastest time Tuesday in pre-season testing for the Formula One season, while world champion Lewis Hamilton used his time on track in a race simulation. With Mercedes using the soft tires for the first time on Tuesday — having tested slower mediums last time — the German driver Rosberg sped around in 1 minute, 23.022 seconds. THE ASSOCIATED PRESS

NBA

Heat sets record as Bulls get scorched

Joe Johnson's home debut in Miami was part of the best shooting effort in Heat history.

And he's on his first winning streak in nearly three months.

The Heat set a franchise record by shooting 67.5 per cent from the floor, established a season high for points and beat the Chicago Bulls 129-111 on Tuesday. Hassan Whiteside scored a career-high 26 points and had 14 rebounds for the Heat, while Johnson scored 24 points. No team had shot better in an NBA game this season than San Antonio's 61.8 per cent against Philadelphia on Dec. 7. THE ASSOCIATED PRESS

TUESDAY In Miami

HEAT	BULLS
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RECIPE Apple, Cheese and Bacon Frittata

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Sweet apples, sharp cheese and some salty bacon together with eggs are all the reasons you need to make this easy frittata. You want another? You got it — it's a one pot star.

Ready in
Prep time: 10 minutes
Total time: 35 minutes
Serves 6

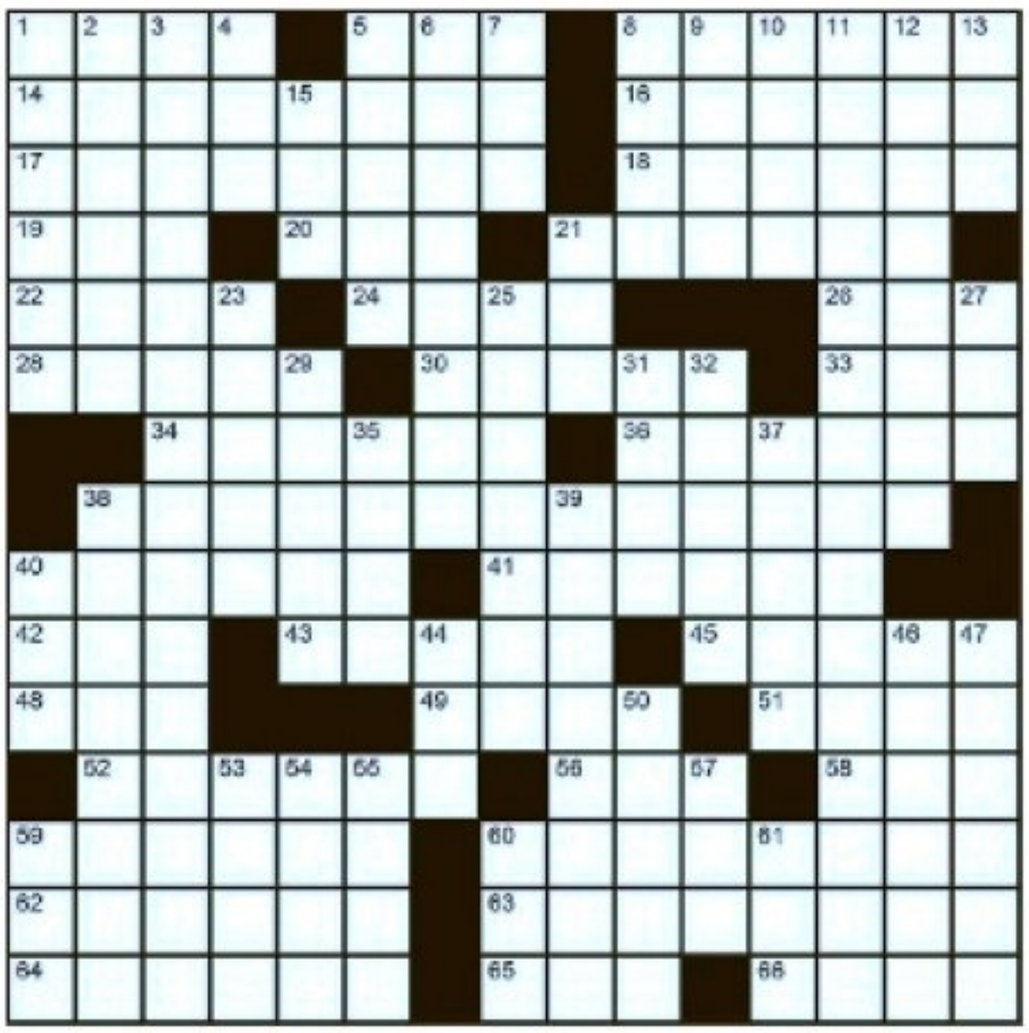
Ingredients
- 4 strips of bacon
- 8 eggs
- 1 cup grated cheddar cheese
- 1/3 cup grated Parmesan cheese
- 1 Tbsp butter
- 1 apple, peeled, cored and thinly sliced

Directions
1. Preheat the oven to 450 F.
2. In large, oven-safe skillet, sauté the bacon until crisp. Turn off the heat. Place bacon on a piece of paper towel to drain and wipe out skillet with another piece of paper towel.
3. Meanwhile, in a large bowl, whisk the eggs together. Add half of both cheeses to the eggs and whisk again.
4. Place the skillet back over medium heat and add butter. Swirl that around the pan. Pour the eggs into the pan. Allow to cook until the edges begin to set. Crumble the bacon and sprinkle it across the eggs. Lay down the slices of apple in a circular pattern. Sprinkle the rest of the cheese over the top.
5. Place in a hot oven for 15 to 20 minutes, until the top is puffy and just lightly set. Remove carefully and allow to cool for a couple of minutes before slicing.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "__ on My List" by Hall & Oates
5. Pro
8. Quebec pastry brand, maker of Ah Caramel!
14. "Love __" (2003)
16. Jane's "Ally McBeal" role
17. CAA service, __ assistance
18. Discarded
19. New Waver Adam
20. Theological sch.
21. P.E.I. produce product
22. Suit accessories
24. Couch
26. Clip-__ (Non-pierced earrings)
28. Do this with tickets outside the concert venue
30. __ prosequi (Not proceeding, in law)
33. Caviar
34. Kitchen gadget
36. Skiing sort
38. Donald Sutherland's role in the 1970 movie version of "M*A*S*H": 2 wds.
40. Trunks
41. Jan and Cindy's older sister
42. Be decisive
43. "Get My Dough" by __ Dean
45. Recites
48. Ring's sparkler
49. Poker stake
51. Scissors sound
52. The Earl of __ (Title for Queen Elizabeth's youngest son Prince Edward)
56. "__ Time" by Imagine Dragons
58. Eggs, fancy-style
59. Comics: Dennis the __
60. Someone succeeding
62. Director of #38-Across, Robert __
63. "City __" (1991) starring Billy Crystal
64. Mary-Kate and Ashley
65. Bench press muscle, commonly
66. "Would you like anything __?" (Is that all?)

DOWN
1. Gold measurements
2. Like a widely recognized symbol
3. In royal residence Windsor Castle, they include The Waterloo Chamber and The Grand Vestibule: 2 wds.
4. South: French
5. 1954 William Golding book, Lord of the __
6. Family's longstanding wealth: 2 wds.
7. Cereal grass
8. Nix
9. Commonly: 2 wds.
10. __ Loma, Toronto attraction
11. Lillian Ross book, Cougar's Crossing: A Canadian __ __ of Pioneer Adventure
12. 1983 Hall & Oates hit that starts "I'm tired of playing on the team...": 3 wds.
13. Mr. Beatty
15. Sure-footed mammal
21. Chum
23. Bunches
25. Factory crew bosses
27. The Supremes: "Come __ About Me"
29. Orange __ (Tea)
31. Den
32. Put into office
35. Minus meaning
37. __ open (Uses a crowbar)
38. New Brunswick attraction, __ Rocks
39. Speck
40. Clothe
44. Levy
46. Detoxifying organs
47. Scant
50. Strong work __
53. Equivalent
54. What an all-in-one printer can do
55. Poetic nights
57. [error left as is]
59. __ jacket (Suit part for a sixties band)
60. Pharaoh snake
61. Hawaii: __ Crater, in Maui

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't tell friends and relatives what they want to hear today – tell them what they need to hear. A large dose of reality is essential and a no-nonsense Aries like you is the best person to administer it.

Taurus April 21 - May 21
Don't get too caught up in the idea of winning and losing. Remind yourself what it means to enjoy the simple things in life, none of which require you to win a gold medal.

Gemini May 22 - June 21
Try something you have never tried before. Others may not approve but that will only make you even more determined to go through with it. You enjoy pushing limits.

Cancer June 22 - July 23
People are depending on you, so stay focused on what needs to be done. You won't have to do it alone: someone will offer to help you and together you can put things right.

Leo July 24 - Aug. 23
Others are making life difficult for you but you are also making life difficult for yourself. What happens in the world is largely a reflection of what goes on inside your head, so be positive and believe in success.

Virgo Aug. 24 - Sept. 23
Each time you have things worked out someone comes along and moves the goalposts or changes the rules but don't let it get to you. It is all part of life's rich tapestry.

Libra Sept. 24 - Oct. 23
Follow the rules. Yes, of course, you could do it better and in half the time but it's not your call to make. Play along for now — you'll get your chance to shine later.

Scorpio Oct. 24 - Nov. 22
Are you any closer to reaching the targets you set for yourself around the time of your last birthday? If not, it may be time to adjust your sights a bit. Remember, your goals don't have to be set in stone.

Sagittarius Nov. 23 - Dec. 21
Someone will let you down today and you won't be too happy about it. But don't let it bother you too much because it is a blessing in disguise. You can do a lot better without them.

Capricorn Dec. 22 - Jan. 20
Push worries to the back of your mind and resolve to have fun. The Sun in Pisces brings social and travel opportunities aplenty, so there is no excuse why you should be stuck at home in a bad mood.

Aquarius Jan. 21 - Feb. 19
Don't feel bad if you haven't yet accomplished all you set out to do. There's no time limit to your ambitions and you've done a great deal already, more than others expected.

Pisces Feb. 20 - March 20
Forget about what might have been and focus on what can still be done. Take each day as it comes. There is already a plan guiding your life — all you have to do is follow it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		7	8	6		3		
2				5				1
	9						4	
								2
8	7						3	4
5								
	8						9	
1				7				5
		2		9	4	7		

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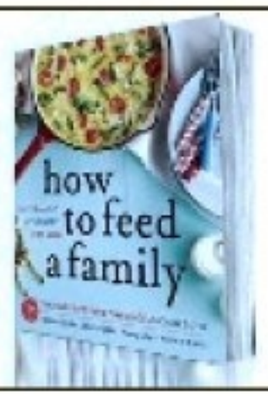
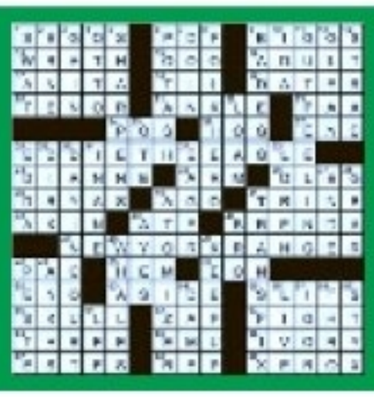


YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



1	5	2	4	9	6	8	3	7
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8	6	9	7	1	3	2	4	5
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3	9	7	6	2	1	4	5	8
6	1	5	9	4	8	3	7	2
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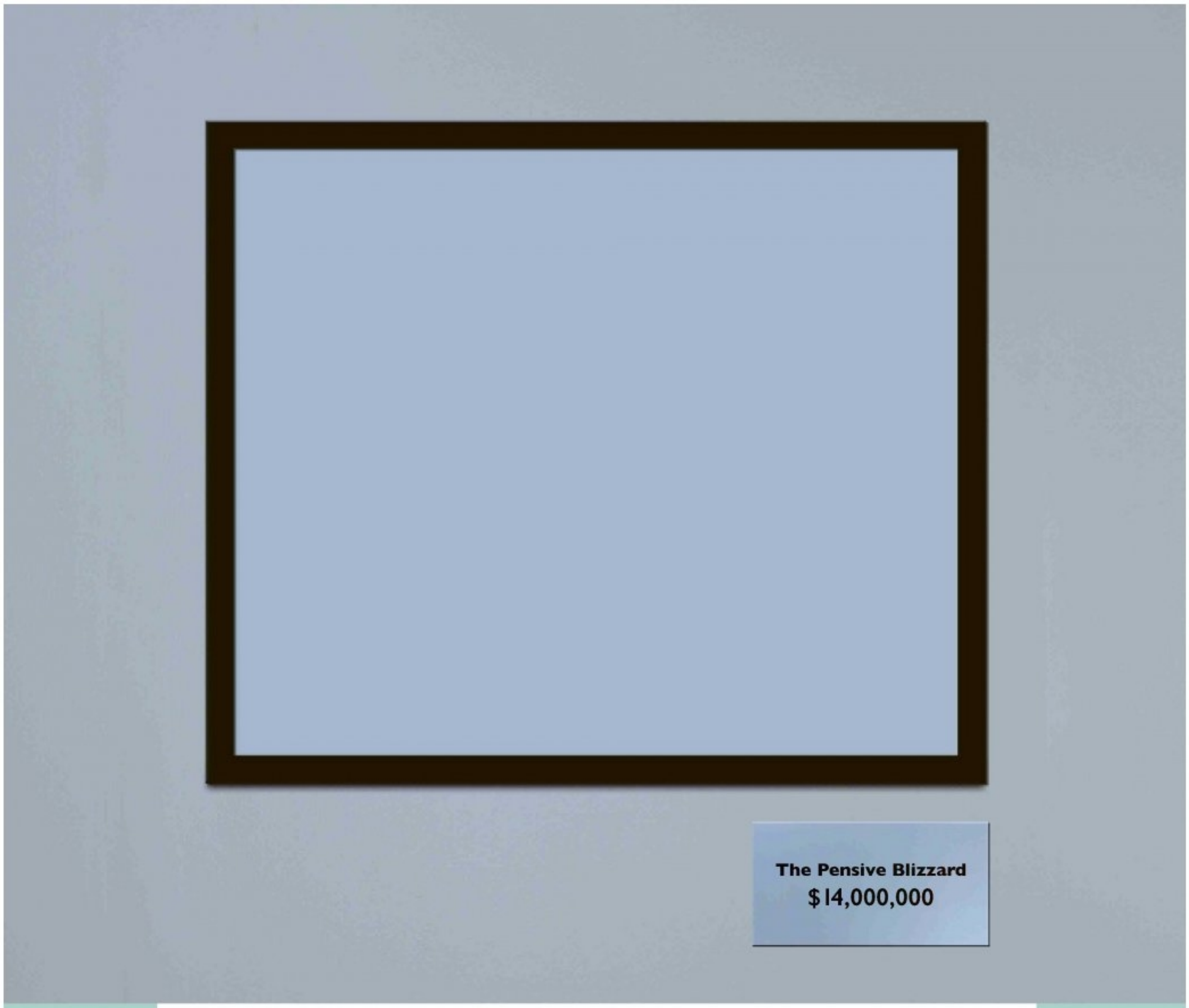
4	2	6	8	5	9	7	1	3



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